

Hello Everyone!

Please note that I'm not necessarily advocating any of this, I just wanted to share my research to raise awareness about the options available and to help others make informed choices.

Personally, for tinctures in particular, I highly recommend Kathy Eich's top choice for organic high-proof alcohol:

<http://organicalcohol.com/store/>

The following information is for if you're in a pinch and need to find something quick with limited resources. Or, as in my case, you want to make something for short-term use which has a lower alcohol content. (I was asked to make spirit water for some shamans who were interested in something that tasted a little less intense. It's a different type of medicine than tinctures.)

The following is an excellent article about gluten-free vodka. Most of the products are made from potato, a nightshade, which doesn't agree with some folks. Others are made from grapes or sugarcane. NONE of it is organic and much of it quite expensive.

<http://celiacdisease.about.com/od/GlutenFreeAlcohol/a/Gluten-Free-Vodka-List.htm>

The article doesn't mention two Wisconsin companies. Pur Class Vodka makes potato vodka and only potato vodka. It's also 192 proof, which would be best for tinctures.

<http://purclassvodka.com/about.html>

Great Northern Distilling makes a potato vodka as well, but it is only 80 proof (as are most, if not all, in the list above--though, honestly, I didn't check thoroughly).

<http://www.greatnortherndistilling.com/potato-vodka/>

Great Northern also makes a grain-based whiskey, which, personally, would make me a bit suspicious about the purity of the potato vodka (see link below). (But, hey, that's just me. Draw your own conclusions!)

<http://celiacdisease.about.com/od/glutenfreefoodshoppin1/f/Is-Whiskey-Gluten-Free.htm>

Both of the Wisconsin brands are available at Woodman's. Great Northern Distilling is also available at Star Liquor near the Coop on Willy St.--and amazingly, somewhat less expensive than at Woodman's--though neither brands are cheap.

With warmth and respect,
Catherine